

Fruit of the Month

Berries



One of the nation's most well liked fruits; berries have origins in both Europe and here in the United States. The Native Americans were the first to incorporate berries into their diets and lifestyle. Today, berries are appreciated worldwide.

Berries signify summer and rightfully so, as the warmer months are the peak harvest for these fruits. Berries have traditionally included blueberries, strawberries, raspberries, and blackberries. However, there are other varieties that have since flooded the markets.

Many berries are suitable to eat raw and most types vary from 50 to 100 calories per serving if eaten raw. Berries are brimming with vitamin C, potassium, and fiber.

Nutrition Facts

Serving Size (147g)
Servings Per Container

Amount Per Serving

Calories 45 **Calories from Fat 5**

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 7g	

Protein 1g

Vitamin A 0% • Vitamin C 140%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Strawberries

Nutrition Facts

Serving Size (145g)
Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 5**

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 17g	

Protein 1g

Vitamin A 2% • Vitamin C 30%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Blueberries

Nutrition Facts

Serving Size (125g)
Servings Per Container

Amount Per Serving

Calories 60 **Calories from Fat 5**

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 9g	36%
Sugars 6g	

Protein 1g

Vitamin A 4% • Vitamin C 50%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Raspberries

Nutrition Facts

Serving Size (144g)
Servings Per Container

Amount Per Serving

Calories 70 **Calories from Fat 5**

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 8g	32%
Sugars 11g	

Protein 1g

Vitamin A 4% • Vitamin C 50%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Blackberries



Selection

In general, berries should be dry, firm, well shaped, and eaten within a week after purchase. If you can't eat them that soon, remember that berries freeze well! It's best to buy berries that are 'in-season' as they'll cost less and are more ripe and flavorful than 'out-of-season' berries.

Stay away from containers of berries with juice stains which may be a sign that the berries are crushed and possibly moldy; soft, watery fruit that means the berries are overripe; dehydrated, wrinkled fruit that means the berries have been stored too long.

Select blueberries that are firm, dry, plump, and smooth-skinned. Berries should be deep-purple blue to blue-black; reddish berries aren't ripe but can be used in cooking.

Select raspberries and blackberries that are unblemished dry, in an unstained container. Raspberries should be medium to bright red, depending on the variety. Blackberries should be shiny and black — avoid those that are dull or reddish. Moisture will increase spoilage, so the berries themselves should be relatively dry. Shelf life for raspberries and blackberries is short, and they should be consumed within 2-3 days of purchase. Eat at room temperature for fullest flavor.

Currants should still be firmly attached to their stems.

Strawberries should be a bright shade of red and the caps on the berries should be green and fresh looking. Berries that are green or yellow are unripe and will taste sour.

Storage

After purchasing berries, check the fruit and toss out any moldy or deformed berries. Immediately eat the overripe berries within 24 hours. Return the other berries back to the original container or they should be arranged unwashed in a shallow pan lined with paper towels, and washed just prior to use. The berries may be topped with a paper towel to absorb any additional moisture. Plastic wrap the entire container. This will ensure the fruit retains its freshness, but generally berries should be eaten within one week.

Freezing Berries

Because berries have a short shelf life, an alternative to enjoy them year round is to buy them fresh and freeze them yourself. The secret to successful freezing is to use unwashed and completely dry berries before placing them in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic bags or freezer containers. Frozen berries should last approximately ten months to one year.

Preparation of Berries

When you're ready to use the berries, go through the lot once more to sort out any undesirable fruit. Then, rinse, drain, and pat dry the fruit. Commercially frozen berries do not need to be 'cleaned' or thawed. If you froze your own berries, a quick rinse may be necessary.

Berry Helpful Hints

- Blueberries tend to change color during cooking. Acids, like lemon juice and vinegar, make the blue in blueberries turn red. In an alkaline environment, such as a batter with too much baking soda, the blueberries may turn greenish-blue.
- To reduce the amount of color streaking, stir your blueberries (right from your freezer, if frozen) into your cake or muffin batter last.

- When making pancakes and waffles, add the blueberries as soon as the batter has been poured on the griddle or waffle iron. This will make the pancakes prettier and they'll be easier to flip. If frozen blueberries are used, cooking time may have to be increased to be sure the berries are heated through.
- Frozen raspberries and blackberries are available in grocery stores. Blackberries are available in 16 oz. poly bags, while raspberries are available in 12 oz. poly bags.
- A 12 oz. bag of whole frozen raspberries is equal to about 3 cups frozen berries.
- A 16 oz. bag of whole frozen blackberries is equal to about 3 cups frozen berries.
- Whole frozen berries destined for your baked goods should be used frozen. Gently fold into pies, cakes and muffins just prior to use.
- Store whole frozen berries in their unopened or tightly resealed packages in your freezer. If berries are to be served alone, thaw until they are pliable and serve partially frozen. Add sugar to taste — it brings out both the flavor and the luscious juices.

Varieties

There are many types of berries from smooth-skinned varieties like blueberries, to berries that have fleshy segments like raspberries and blackberries. Strawberries are not considered a 'true' berry, as they do not grow from a flower ovary but from the base of the plant.

Blackberries have a similar appearance to raspberries, but they are larger, hardier, and have a dark purple to black color. In general for this berry, the more intense color, the more sweet the fruit. There are blackberry hybrids that include boysenberries, loganberries, and ollalieberries, which are all, tart tasting and primarily used in jams and pies. Blackberry peak season is June and July with harvesting beginning in May and ending in September.





Wild blueberries are smaller in size compared to their cultivated cousins. Blueberries have a protective light powdery coating on the skins and tend to last longer than other berry varieties. Nearly half of the cultivated blueberries grown are sold as fresh blueberries.

Fresh blueberries are available for nearly eight months of the year from producers across the United States and Canada. North America is the world's leading blueberry producer, accounting for nearly 90% of world production at the present time. The North American harvest runs from mid-April through early October, with peak harvest in mid-May–August.



Currants are berries that look similar to grapes but are very tart. Because of their tartness, they are primarily used for jams and jellies. Red and white currants are grown domestically while the black currants are grown in Europe. Fresh currants are available July through August.



The most delicate of the berry family, raspberries have a similar structure to blackberries but have a hollow core. Therefore, this fruit requires delicate handling during preparation. Red raspberries are the most common type but there are also golden, amber, and purple berries all similar in taste and texture.

Imported raspberries are from Chile, while most of the fruit comes from California. Raspberry season begins in June and lasts through October.



Perhaps the most popular of all the berries, strawberries have the most vitamin C of the berry family. Strawberries have been known since the time of the Greeks and Romans and cultivation of strawberries began in 1624. Commercial growing in America began about 1800 on the east coast of the United States.

Strawberries moved west with the pioneers and now there are more than seventy varieties of strawberries, many of which are grown in California and Florida. This familiar fruit is usually available fresh year round with a peak from April to July.

Make Berries Part of Your 5 A Day Plan



- Wake up with 5 A Day! Add sliced banana, blueberries, or raisins to cereal, yogurt, or oatmeal.
- Use fresh berries as a topping for ice cream, pancakes, and waffles.
- Add fresh blueberries to fruit salads and compotes or use them as an ingredient in muffins and pancakes.
- Combine raspberries with other fresh fruits for pretty salad presentations.
- Make frozen fruit kabobs for kids using pineapple chunks, bananas, grapes, and berries.
- Add fresh or frozen berries to your smoothies for a refreshing treat.

Recipes

Dessert Waffles With Spiced Blueberry Sauce

Makes 4 servings

Each serving equals one 5 A Day serving

Source: Highbush Blueberry Council

2 cups fresh blueberries, divided

3 Tbsp sugar

1½ Tbsp cornstarch

1 tsp ground cinnamon

¼ to ½ tsp ground black pepper

4 (4½ inch) fresh or frozen whole grain waffles

4 scoops low fat vanilla frozen yogurt or low fat ice cream

In a small saucepan, combine half of the blueberries, the sugar, cornstarch, cinnamon, black pepper and 1/3 cup water. Over medium heat, bring to a boil: boil for 1 minute; remove from heat. Stir in remaining blueberries; cool.

Toast waffles; place on dessert plates. Scoop frozen yogurt onto waffles; top with blueberry sauce.

Nutritional analysis per serving: calories 196, protein 5g, fat 2g, percent calories from fat 9%, cholesterol 4mg, carbohydrates 43g, fiber 4g, sodium 362mg

Blueberry-Filled Dutch Pancake

Makes 2 servings

Each serving equals one 5 A Day serving

Source: Highbush Blueberry Council

1 Tbsp butter

3 eggs

$\frac{1}{2}$ cup skim milk

$\frac{1}{3}$ cup all-purpose flour

3 Tbsp sugar, divided

$\frac{1}{4}$ tsp salt, optional

$1\frac{1}{2}$ cups fresh or frozen blueberries (thawed and drained if frozen)

$\frac{1}{4}$ tsp ground cinnamon

$\frac{1}{2}$ cup sliced bananas

Preheat oven to 450 F. Place butter in a 9-inch pie plate or a 9 or 10-inch ovenproof skillet.* Melt butter in oven, about 5 minutes; tilt plate to coat evenly with butter.

Meanwhile, in a medium bowl combine eggs, milk, flour, 1 Tbsp of the sugar and the salt until smooth. Pour batter into plate; bake for 8 minutes. Reduce heat to 375 F; bake until pancake is golden brown and sides are puffy, about 8 to 10 minutes longer.

While that is baking, combine blueberries with the remaining 2 Tbsp sugar and the cinnamon in a small bowl.

Remove pancake from oven; scatter bananas over pancake. Spoon blueberries over bananas. Cut into wedges; serve immediately.

*To make handle ovenproof, wrap completely with aluminum foil.

Note: For more servings, double all ingredients; bake in 13 x 9 x 2-inch baking pan about 20-25 minutes at 425°F.

Nutritional analysis per serving: calories 322, protein 12g, fat 5g, percent calories from fat 13%, cholesterol 10mg, carbohydrates 60g, fiber 5g, sodium 195mg

Blueberry-Onion Sauced Pork Tenderloin

Makes 4 servings

Each serving equals one and one half 5 A Day servings

Source: Highbush Blueberry Council

$\frac{3}{4}$ to 1 pound pork tenderloin

2 Tbsp butter, divided

2 medium onions, sliced

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp ground black pepper

2 Tbsp sugar

$\frac{1}{4}$ cup port wine or sweet sherry

2 Tbsp balsamic vinegar

1 cup fresh or frozen blueberries

1 cup chopped cherry tomatoes

Preheat broiler. Broil pork, turning occasionally, until cooked through, about 20 minutes. Remove to a platter; cover to keep warm.

Meanwhile, in a large skillet over medium-high heat, melt 2 Tbsp of the butter. Add onions, salt and pepper; cook until onions are golden, about 10 minutes. Add sugar; cook until onions are caramelized, 3 minutes longer. Add port, balsamic, blueberries and tomatoes; bring to a boil. Remove from heat. Thinly slice pork and serve with sauce.

Nutrition information per serving: calories 252, protein 25g, fat 8g, percent calories from fat 27%, cholesterol 84mg, carbohydrates 19g, fiber 2g, sodium 386mg

Blueberry Crumble

Makes 6 servings

Each serving equals one 5 A Day serving

Source: Highbush Blueberry Council

4 cups fresh or thawed, frozen blueberries

1 to 2 Tbsp sugar

3 packages (1.5 ounces each) instant oatmeal with maple and brown sugar

3 Tbsp butter, softened

Preheat oven to 375° F. In a 9-inch pie plate, toss blueberries with sugar. In a small bowl, combine oatmeal and butter until mixture forms coarse crumbs; sprinkle over blueberries. Bake until mixture bubbles around the edge and topping is light brown, 30 to 35 minutes.

Nutrition information per serving: calories 149, protein 3g, fat 5g, percent calories from fat 30%, cholesterol 10mg, carbohydrates 25g, fiber 4g, sodium 147mg

Blueberry Tortilla Pizza

Makes 4 servings

Each serving equals one 5 A Day serving

Source: Highbush Blueberry Council

$\frac{1}{2}$ cup ricotta or whipped low fat cream cheese

1 Tbsp confectioners sugar

1 pint fresh blueberries

$\frac{1}{2}$ cup sliced strawberries

1 large (10-inch) flour tortilla

1 Tbsp butter, melted

2 tsp cinnamon sugar

$\frac{1}{4}$ cup toasted shredded coconut, divided*

Preheat broiler. In a small bowl, combine ricotta cheese and confectioners sugar; set aside. In another small bowl, combine blueberries and strawberries. Arrange tortilla on a broiler pan; brush with butter and sprinkle with cinnamon sugar. Broil about 6 inches from heat source, until lightly browned, about 3 minutes. Cool slightly. Spread ricotta mixture on the tortilla; top with blueberry mixture and then sprinkle with coconut.

*To toast coconut, place in a skillet over moderate heat until pale gold, stirring constantly.

Nutrition information per serving: calories 171, protein 6g, fat 6g, percent calories from fat 30%, cholesterol 12mg, carbohydrates 24g, fiber 5g, sodium 142mg

Marinated Blueberries and Tropical Fruits

Makes 6 1/2 cup servings

Each serving equals two 5 A Day servings

Source: Highbush Blueberry Council

$\frac{1}{4}$ cup firmly packed light brown sugar

$\frac{1}{2}$ cup orange juice

2 cups fresh blueberries

2 cups fresh or canned pineapple chunks

1 mango, peeled, pitted and cubed (about $1\frac{1}{2}$ cups)

1 kiwi, peeled, halved lengthwise and thinly sliced (about $\frac{1}{2}$ cup)

In a microwaveable bowl, combine brown sugar, orange juice and orange liqueur, if desired. Microwave on high 1 minute. Stir until sugar is completely dissolved. Or, in a medium saucepan combine sugar, orange juice and orange liqueur. Cook and stir over very low heat until sugar is dissolved. In a large bowl, combine blueberries, pineapple, mango and kiwi. Stir in sugar-orange juice mixture until blended. Serve alone, as a dessert or over sorbet, sponge cake or frozen yogurt.

Nutrition information per serving: calories 149, protein 1g, fat 0g, percent calories from fat 2%, cholesterol 0mg, carbohydrates 37g, fiber 3g, sodium 16mg

Creamy Smoked Turkey & Blueberry Salad

Makes 8 servings

Each serving equals one 5 A Day serving

Source: Highbush Blueberry Council

$\frac{1}{4}$ cup non-fat mayonnaise

$\frac{1}{2}$ cup plain non-fat yogurt

$\frac{1}{4}$ cup orange marmalade

2 tsp fresh lemon juice

$\frac{1}{2}$ tsp ground black pepper

3 medium peaches (about 1 pound), cut in wedges (about 3 cups)

1 pint blueberries

2 cups cubed smoked turkey (about 8 ounces)

In a bowl, combine mayonnaise, yogurt, marmalade, lemon juice and pepper. Add peach slices, blueberries and turkey; toss until well coated. Serve on lettuce leaves, if desired.

Nutrition information per serving: calories 90, protein 7g, fat 1g, percent calories from fat 7%, cholesterol 14mg, carbohydrates 15g, fiber 1g, sodium 446mg

No Crust Strawberry Pie

Makes 8 servings

Each serving equals one 5 A Day serving

3 cups fresh strawberries

1 (2.1 ounce) package sugar-free cook and serve vanilla pudding mix

1 (.6 ounce) package sugar-free strawberry flavored gelatin

2 cups water

Rinse and hull strawberries. Distribute evenly in a 10-inch pie pan. In a medium saucepan combine pudding mix, gelatin mix, and water. Stir well and bring to a full boil. Pour mixture over strawberries and refrigerate for 4 to 6 hours. Top with light or low fat frozen whipped topping prior to serving, if desired.

Nutrition information per serving: calories 50, protein 1g, fat 0g, percent calories from fat 4%, cholesterol 0mg, carbohydrates 12g, fiber 1g, sodium 148mg

Strawberry Spa Turkey Salad

Makes 4 servings

Each serving equals three 5 A Day servings

Source: Produce for Better Health/California Strawberry Advisory Board

6 Tbsp chopped prepared mango chutney

$\frac{1}{4}$ cup nonfat plain yogurt

$\frac{1}{4}$ cup nonfat mayonnaise dressing

2 Tbsp lime juice

Salt and pepper to taste

Lettuce leaves

8 slices (1 oz each) cooked, skinless turkey breast

2 pint basket strawberries, stemmed and halved

1 cup red seedless grapes

$\frac{3}{4}$ cup celery, sliced

$\frac{1}{2}$ cup red onion, chopped

Mint sprigs, for garnish

In small bowl whisk chutney, yogurt, mayonnaise and lime juice; season with salt and pepper. Line platter or 4 individual serving plates with lettuce; top with turkey, strawberries, grapes, celery and onion. Drizzle with chutney dressing; garnish with mint sprigs.

Nutrition information per serving: calories 170, protein 7g, fat 2g, percent calories from fat 9%, cholesterol 12mg, carbohydrates 35g, fiber 6g, sodium 461mg

Strawberry Breakfast Salsa

Makes 4 servings

Each serving equals two 5 A Day servings

Sources: Produce for Better Health/California Strawberry Advisory Board

1/3 cup apricot jam

3 Tbsp water

1 tsp cinnamon

2 pint baskets of strawberries, stemmed and cut into $\frac{1}{4}$ -inch dice

In medium bowl whisk jam, water and cinnamon; add strawberries. Toss gently to combine. Serve salsa over pancakes, waffles, French toast, hot cereal, or mix into plain yogurt.

Nutrition information per serving: calories 116, protein 1g, fat 1g, percent calories from fat 5%, cholesterol 0mg, carbohydrates 30g, fiber 4g, sodium 13mg

Fresh Raspberry 'N' Grapefruit Finale

Makes 6 servings

Each serving equals one 5 A Day serving

Source: Produce for Better Health/Sunkist, Inc.

3 Ruby grapefruit, peeled and sectioned

1 basket (6 oz) raspberries

3 Tbsp raspberry-flavored vinegar

3 Tbsp light corn syrup

Fresh mint leaves (optional)

In a serving bowl, arrange layers of grapefruit sections and raspberries. Stir together vinegar and corn syrup; pour over fruit. Cover and chill briefly.

Served in glass dishes and garnished with mint, makes for an elegant presentation.

Nutrition information per serving: calories 80, protein 1g, fat 0g, percent calories from fat 3%, cholesterol 0mg, carbohydrates 21g, fiber 4g, sodium 12mg

Apple Raspberry Salad

Makes 8 (1/2 cup servings)

Each serving equals one 5 A Day serving

Source: Produce for Better Health/Michigan Apple Committee

1 package (3 oz) raspberry flavored gelatin

1 cup boiling water

1 package (10 oz) frozen raspberries or 1 cup fresh raspberries

1½ cup chopped, unpeeled apples (suggested: Empire, Ida Red, Jonathan, McIntosh, Red Delicious, Rome)

1 cup unsweetened applesauce

¼ cup broken pecan pieces

½ cup celery, sliced

In 2-quart mixing bowl, dissolve gelatin in boiling water. Add frozen raspberries and stir gently until raspberries are thawed. Stir in apples, applesauce, pecans and celery. Pour into serving dish or mold. Refrigerate about 2 hours or until mixture is set. Serve as salad or as an accompaniment to beef, pork or chicken.

Nutrition information per serving: calories 53, protein 1g, fat 2g, percent calories from fat 25%, cholesterol 0mg, carbohydrates 10g, fiber 3g, sodium 16mg